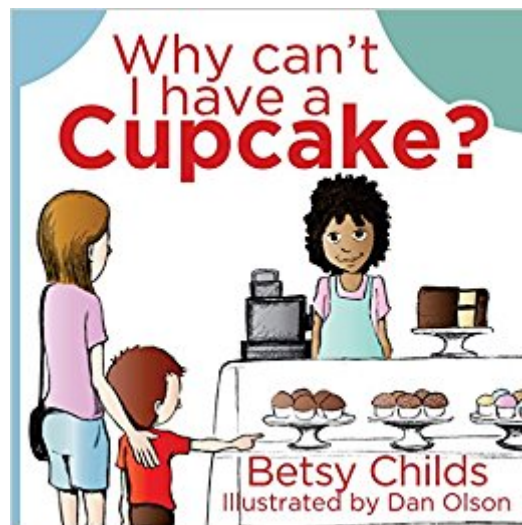


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# Why Can't I Have A Cupcake?: A Book For Children With Allergies And Food Sensitivities



## Synopsis

A Book for Children with Allergies and Food Sensitivities Rory loves cupcakes, but he can't eat them because they make his tummy hurt. When he goes to his friend's birthday party, he learns that he's not the only one who has to avoid certain foods, and he has a great time at the party.

## Book Information

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Average Customer Review: 4.5 out of 5 stars 15 customer reviews

Best Sellers Rank: #470,353 in Books (See Top 100 in Books) #14 in Books > Health, Fitness & Dieting > Children's Health > Allergies #88 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #152 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies

## Customer Reviews

Betsy Childs is a writer from Birmingham, Alabama. She is the author of The Boy Who Cried Over Everything and The Girl Who Got Out of Bed. Dan Olson is a husband and father of four. In addition to drawing, he loves church history and baseball. He works for The Gospel Coalition and lives in Minneapolis, Minnesota. He has illustrated The Boy Who Cried Over Everything and The Girl Who Got Out of Bed, both written by Betsy Childs.

Inaccurate information about allergies. Also, if you or your child has more than one allergy, this won't apply.

great resource - thanks

Great for communicating to small children about food allergies.

My niece has severe allergies and I thought this book would be perfect to read to her. She's almost

5 and understands that she has allergies and some foods aren't safe for her. Reading this book has helped to show her that she isn't alone. She liked the story why can't I have a cupcake, especially since she's often saying the same thing at birthdays and gatherings. If you have a child who is an allergy sufferer in your life, this is a great book for kids. My niece loves the story and we have already read it numerous times! Complimentary sample provided in exchange for my honest and unbiased review.

Cute book. My daughter and Son both have a dairy and egg allergies so I thought this would be a perfect book. Its a bit more focused around gluten than any other allergies. It mentions a little girl needing a epi pen in case of a bee sting and a few other food allergies. Also the little boy looked around realizing everyone seemed happy to be able to have the treats they could eat instead of cupcakes, that was a cute lesson.

We found out on my twins' first birthday they were allergic to eggs--their birthday cake made them break out in hives from head to toe! It was the beginning of many cookies and cupcakes and brownies and other treats having to be denied them because of their allergies (eggs being one of many). I remember once one of them looking at a table of snacks laid out and sighing, "Why does everyone make food I can't eat?" and I equally remember how honored they felt when someone would come to them and say, "I made this, especially with you in mind because I knew you could eat it." Food allergies are hard for little people to manage and it doesn't quite seem fair to them to miss out on what everyone else gets to do. "Why Can't I Have a Cupcake?" is a sweet story that captures this struggle that takes place in the heart of a child with allergies. Its characters show that the child is not the only one who has to do things differently than other people and that even though he may not get to have exactly the same thing as everyone else, there are still many things to be enjoyed. I highly recommend this book to everyone, both for the child with allergies, so they know they aren't alone, and for those without, so they might better understand those that do.

I love love love this book. My daughter is almost 2 and has food allergies I hate that she misses out on certain thing but this book shows she isn't alone. It talks about different types of allergies from food to being allergic to bees.

This author is the best! We have all three of her children's books and she really captures some of the struggles young children face with a story line that holds their attention. My 4 year old grandson

has trouble staying in his bed so The Girl Who Got Out of Bed is his favorite. I have several grandchildren with food allergies and what fun to find out you are not the ONLY one who can't eat all the food at the party. I highly recommend this book, as well as The Girl Who Got Out of Bed and The Boy Who Cried Over Everything to anyone with young children around. They make great gift too.

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